PANDEMICPANTRY

A GLOBAL COMMUNITY COOKBOOK
USING FRUGAL SIMPLE FOODS

WWW.PANDEMICPANTRY.CO.UK

Pandemic Pantry Free Community Cookbook

Recipes submitted from around the world during the global pandemic

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The world could never have anticipated a global pandemic of such proportions. With over 500 million worldwide cases reported to date (May 2022) and over 6 million deaths (although these figures are likely at least double), COVID-19 has taken loved ones, changed lives, and created challenges and changes of personal circumstances that no one could have foreseen.

Businesses have had to rapidly adapt to survive, some have had to sadly close and livelihoods have been lost. Families not only have suffered economical hardship but there have been times when lockdowns or supply chain or delivery issues have created weeks where we've had to reply on making do with what we've got.

"The Pandemic Pantry" is a free resource which has evolved during the past two years. People from all over the world have been sending through their go-to recipes used from simply pantry ingredients which they have relied on during the early days of lockdowns or during hard-times. Often the recipes rely on easy to store staple ingredients or canned goods, the things we can keep for long periods of time without freezing.

This book has only just started. These are just SOME of the submitted recipes. EVERY SINGLE MONTH new recipes will be added from the hundreds which have been sent through. If you don't see yours in this version please download the new version which will be available to download FREE at www.pandemicpantry.co.uk on the 1st day of each calendar month.

I do apologise that this has taken so long. The book quite honestly may never get finished so I thought it was time to GET IT OUT THERE AS IS and just keep adding to it. A new version every month with new recipes and updates and improvements.

Thank you for all your recipes, I feel honoured to be putting these together in a resource to share with others. If you have a recipe you'd like to be part of this book please send to me at carolynekinsuk@gmail.com

Whether through the pandemic or possible future escalation of war, am wishing you and your families good health and happiness during these uncertain times. Take care, stay safe...

Carolyn xx

Pandemic Pantry by Carolyn Ekins (Hyland). Owner of the WW2 ration book recipe blog the1940sexperiment.com and author of the free downloadable community cookbook pandemicpantry.co.uk. Vegan writer for www.v-land.co.uk

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Pandemic Stew

SERVINGS: 4-6 PREPPING TIME: 20 MIN COOKING TIME: 20 MIN

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Ingredients

300g frozen mixed veg
100g soya mince
100g cauliflower/broccoli
100g frozen spinach
1 onion or leek
1 potato or parsnip
1 heaped tsp mixed herbs
1 tsp rosemary
pinch of dried chilli flakes
1/4 tube tomato paste
dollop of pickle or chutney
1 stock cube
1 tbsp nutritional yeast
1 tbsp of Bisto powder
salt and pepper

Directions

VEGAN

1. Peel, wash and chop all vegetables and add to large saucepan.
2. Add in the mixed frozen veg and frozen spinach.
3. Add in tomato paste and dollop of pickle or chutney.
4. Add the dried soya mince (or washed dried lentils as an alternative).
5. Add the rest of the ingredients (not Bisto) and pour on boiling water until ingredients are just covered.
6. Mix together thoroughly, bring to boil and simmer for 20 minutes until cooked.
7. Add in the Bisto powder (already mixed into a thin paste with cold water) to thicken the stew.
8. Add salt and pepper to taste.

> Throughout the pandemic my regular go to has been a large pot of stew. I use soya mince or lentils and whatever veg I have available. Often it has potatoes in, sometimes I add curry powder and rice!

This recipe was submitted by Carolyn Ekins (Hyland). Owner of the ww2 ration book recipe blog the1940sexperiment.com and author of the free downloadable community cookbook pandemicpantry.co.uk

Stuffing Crust Baked Bean Hotpot

SERVINGS: 1-2 PREPPING TIME: 10 MIN COOKING TIME: 40 MIN

Ingredients

1 end of bread crumbled.
1 large egg.
1 small onion (chopped).
Fresh sage chopped
(or dried sage).

Directions

Put a tin of baked beans in an oven dish (add cooked meat if you like, or use canned beans and sausages). Mix together the bread, egg, onion and sage and put on top. Place in oven for 40 minutes at 180C and serve.

Recipe submitted by
Rebecca Davies, UK

Wild Boar Sauce

SERVINGS: 20+ PREPPING TIME: 5 MIN COOKING TIME: 10 MIN

Ingredients

1 jar marmalade.
1 jar cranberry sauce or
redcurrant jelly.
1 dollop of whatever
mustard you have to
hand (optional).

Directions

Place all in a saucepan and heat gently, stirring, until all blended neatly. Leave to cool a little and replace in jars (This recipe is handy as you reuse the jars it came in).

Adapted from Mrs Beeton's Recipe (she helps me lots with my home preserves) This goes well with pretty much any meat, with cheese, and on its own on toast. I used the dirt cheap marmalade and cranberry sauce. It came to about £1 for two jars.

Recipe submitted by Rebecca Davies, UK

WW2 Guernsey Potato Peel Pie

SERVINGS: 2 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

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Ingredients

2 large potatoes
Dash of milk of choice
Cooked beetroot
Salt & pepper
(I also added spring onion and plant-based margarine)

Directions

1. Wash your two large potatoes and peel the potatoes
2. Par-boil the potato skins for 3-5 minutes
3. Drain and set aside
4. Grease a two person size pie dish
5. Place the potato peels on the bottom and around the sides
6. Dot in some margarine
7. Press the peels down a little to the bottom and sides and sprinkle with salt
8. Dice up some slices of beetroot (I used some pickled beetroot) and dot around the base
9. Place pie dish in a pre-heated oven at 220C until the potato peels are properly cooked and the edges are browning
10. Cut your remaining peeled potatoes into chunks and boil until cooked.
11. Drain and set aside.
12. Cut up onions or leeks and fry until cooked in a pan
13. Add in the cooked potato chunks and mash adding in milk where needed and lots of salt and pepper
14. Place the mash into the potato peel pie crust
15. Sprinkle with salt and pepper and continue baking in the oven until the top is lightly crisped.
16. Remove and let sit for 5 minutes before serving

This recipe was submitted by Carolyn Ekins (Hyland). Owner of the ww2 ration book recipe blog the1940sexperiment.com and author of the free downloadable community cookbook pandemicpantry.co.uk

Skirlie

SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 15 MIN

Ingredients

streaky bacon

onion

fine oatmeal

seasoning

These 2 recipes were submitted by Nicola King a food scientist from Scotland interested in saving and encouraging traditional foods and skills

Directions

A traditional dish comprising oatmeal which can be used wherever you would normally use breadcrumbs, as a stuffing, a topping or over vegetables or mushrooms.

Fry off a pack of streaky bacon and a small chopped onion. Hint: nowadays fried onions can be found in tins in supermarkets. Add around 5 tablespoons of pinhead or fine oatmeal and skirl (or stir) it around the pan until it absorbs the fat and goes toasty and tasty. Season well. Traditionally served with boiled potatoes. You can add herbs, too. Lovely!

Corned beef stovies

SERVINGS: 2 PREPPING TIME: 15 MIN COOKING TIME: 30 MIN

Ingredients

corned beef

potatoes

onion

grated cheese

stock cube

mixed herbs

Directions

Fry off an onion, and boil potatoes for however many you are serving. Dice a tin of corned beef. When the potatoes are done, mash well, and season. Stir the corned beef and onions into the potatoes. Taste and season again. Add herbs if liked. Also, add a crumbled stock cube if you like, but not essential.

Put into an oven proof dish, and top with skirlie (see above) and/or some grated cheese. Warm through in the oven until the topping is toasted and crispy. Enjoy with brown or red sauce. Also good with a tin of baked beans.

Pumpkin Risotto

SERVINGS: 2-4 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

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Ingredients

500gm Pumpkin diced 1cm
1 Tbs Italian Herbs
3Tbs Olive oil
1 Litre Vegetable Stock
1 Zucchini grated
1 Carrot grated
1 Onion finely diced
2 Garlic cloves grated
1.5 cups Arborio Rice
Himalayan Salt
1 tin Brown Lentils, rinse & drain

Directions

VEGAN

1.Pre heat oven to 180 degrees c
2.Line a baking tray with grease proof paper.
3.Toss pumpkin and herbs and 1 Tbs olive oil in bowl until well combined, place on tray and bake until light golden.
4.Heat the remaining 2Tbs olive oil in a medium pot and sauté onion until translucent, add in carrot and sauté 2 minutes, add zucchini and garlic and continue to sauté until soft. Add in rice and stir well. Slowly add in vegetable stock about 1 cup at a time bring slowly to the boil and simmer stirring frequently, continue process until all stock is used up, if rice isn't cooked add a little more stock. All stock should be absorbed by the rice and a thick rice dish should remain. Once rice is cooked add in lentils and salt if needed stir & serve Enjoy!

“ Be devoted to one another in love. Honour one another above yourselves.” Romans 12:10

Recipe submitted by Lisa Goddard, Wooragee, Victoria, Australia.

Pantry Casserole Delight

SERVINGS: 2-4 PREPPING TIME: 30 MIN COOKING TIME: 15 MIN

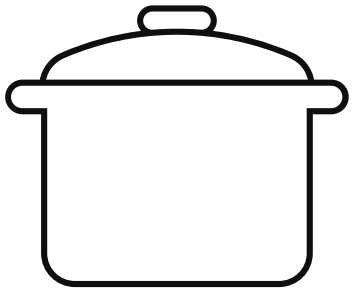
Ingredients

In equal amounts:
Brown rice, cooked.
Brown/green lentils, cooked.
Zucchini and/or cabbage (or other green vegetable) diced and cooked.
Onion, sliced and cooked.
Pasta sauce.

Recipe submitted by Maria Breznau, USA

Directions

Heat oven to 185C/365F. In a casserole dish (or other deep baking dish), place a layer of pasta sauce. Layer the other ingredients, dotting each with pasta sauce, to the top. Top with a layer of sauce; garnish with the green vegetable, if desired. Bake 10-15 minutes or until hot. Baking times vary per quantity and dish shape.



Sweet and Spicy Garbanzo Beans

SERVINGS: 2 PREPPING TIME: 5 MIN COOKING TIME: 15 MIN

Ingredients

1 can garbanzo beans.
1/4 onion, diced.
Salsa, to taste.
Ketchup, to taste.
Crushed red pepper flakes or cayenne pepper, if desired.

Directions

Cook the onion, with a very little of the pepper, if using, in a thin layer of water until nearly translucent. Allow water to nearly boil off. Add the salsa and ketchup, at approximately a ratio of 2:1, or as desired. Stir immediately. Add garbanzo beans (chickpeas) and heat through.

> Here are a few very simple recipes, that, despite sounding a bit odd, are delicious, economical, and veggie-friendly. I hope you or others can enjoy them!

Recipe submitted by Maria Breznau, USA

Friday Soup

SERVINGS: 4 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

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Ingredients

1 cup red lentils.
1 large onion, chopped.
Available veg such as carrot, parsnip, pumpkin, sweet potato, swede etc.
Celery and garlic if you have them (grated ginger also nice)
Potato cut into cubes.
Vegetable stock cube/powder or just add a handful of Italian herbs and some salt and pepper.
1 tbsp oil/butter/margarine.

Directions

1. Chop all of the vegetables into bite sized pieces. Fry the onion in the fat until translucent. Add the flavourful bits you have - celery, garlic, ginger, herbs etc....and all the veg including potato. Also add the red lentils.
2. Cover by about an inch or so with water or stock. Bring to a boil and then simmer until lentils and veg are tender.
3. Season with salt and pepper if needed.
4. You can eat this as a chunky soup or puree it with a stick blender and have a creamy, soothing soup.
5. Serve with croutons made form your stale bread or some toast or even a left over buttered scone. If you have hungry kids put a slice of cheese or an egg on their toast.

“

I am encouraging everyone who can to grow a few veg as it saves money and will mean if lockdown continues you can avoid going out. I recommend the high nutrient/calorie crops like pumpkin, corn, sweet potato, potatoes, beans for those going into Spring. Here in Australia we are in Autumn and I am planting onions, garlic, peas, spinach, cabbages, broccoli, cauliflower, beetroot. In spite of the drought I managed to get some late summer veg and have been harvesting an abundance and freezing it. Wow am I grateful I started on the self-reliant journey before this all kicked off as possibly won't have any work soon. But my wife and I say everyday, we are luckier than most. **Recipe submitted by Madeleine in Armidale NSW, Australia and at www.macrobioticwholefoods.com**

Soda Bread

SERVINGS: 8 PREPPING TIME: 20 MIN COOKING TIME: 45 MIN

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Ingredients

500g flour (wholemeal or plain)
Couple pinches of salt
Teaspoon of bicarbonate of soda
300-400 ml of plant milk of your choice (some flours need the little extra).

Directions

VEGAN

1. Mix it all together and then put it on your worktop, knead briefly and shape into a ball.
2. Put on a baking tray.
3. Then put a knife slice across the top to make it look pretty.
4. Then bake at 180c for 40-45 mins.
5. Tap the bottom. It will sound hollow when cooked.

Sundried Tomatoes

Slice tomatoes in half pop in oven on a very low heat oven for a couple of hours till they go all wrinkly then put into jars and cover with olive oil.

Back to basics cooking can be a wonderful thing. Originally these recipes were given to me by my dear pal Steve Friend. Steve and his wife fundraise all through the year for the Alpets Animal Rescue where they got their lovely spaniel Lily from. Here is the link: Alpet Poundies Rescue **Recipe submitted by Julie Davis in Tenterden, Kent, UK**

Cherry Tomato Chutney

SERVINGS: 3 JARS PREPPING TIME: 20 MIN COOKING TIME: 25 MIN

Ingredients

6 oz light muscovado sugar
1 chopped onion
1-2 cloves garlic
2lbs tomatoes
red wine vinegar
chilli
ginger

Recipe submitted by
Julie Davis, Kent, UK

Directions

Fry garlic and chopped onion till soft then add your tomatoes and sugar and a splash of red wine vinegar and cook until tomatoes are soft. You can add chilli or ginger if you want a spicy sauce. Jar up in thoroughly sterilised jars. They will keep for a good few years.

Bare Bones Spaghetti

SERVINGS: 2 PREPPING TIME: 20 MIN COOKING TIME: 10 MIN

Ingredients

Noodles for how hungry you are
1/2 lb ground beef
1 can diced tomatoes or fresh from garden (14.5 oz can)
Oregano, crushed red pepper and cayenne to taste.

Directions

Brown and cook the ground beef, cook noodles and then add them together in a saucepan with the tomatoes, herbs and seasoning and heat through.

> I rediscovered your blog recently and wanted to share some of our pamphlet scans with you. I have several American 1930s recipe books uploaded to the internet archive. My personal favorite is the 1933 Century of Progress Cookbook **https://archive.org/details/@emfarms**

Recipe submitted by
Elizabeth Moore, USA

Lentil Sheperd's Pie

SERVINGS: 6 PREPPING TIME: 30 MIN COOKING TIME: 45 MIN

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Ingredients

4 cups cooked brown lentils, drained
1 tblsp oil
1-2 chopped onions
2 cloves garlic, crushed
4 cups any minced, grated or finely chopped vegetables (eg mushrooms, carrots, sweet potato, celery, eggplant/aubergine, zucchini/courgette, capsicum/peppers - just use what you have)
400g tin crushed tomatoes or a jar of tomato pasta sauce
1 tsp beef flavoured stock powder or a tsp of vegemite/marmite
2 tsp dry mixed herbs
1 tsp Worcestershire sauce
2 tblsp tomato paste

Directions

1. Peel the root veg and cut into large chunks. Simmer in salted water until just tender and then drain well. Add some pepper and butter and mash. If the mixture is dry add a little milk (this will depend on which veg you've used).
2. Heat the oil in a large saucepan or stockpot and soften the onions. Add the minced vegetables, garlic and herbs and stir for a couple of minutes. Add the tomatoes, worchestershire sauce and stock powder and simmer for 30 minutes.
3. Remove from the heat and add the lentils and tomato paste and stir through.
4. Heat the oven to 180C.
5. Pour the lentil mixture into a large rectangular casserole or roasting pan. Top with the mash and bake for 45 minutes, or until the top is nicely browned.

Topping: 3 large potatoes plus an equivalent amount of other suitable mashing veg (carrots, sweet potato, pumpkin, turnip, parsnip, celeriac, cauliflower etc) salt & pepper butter and a little milk

> This is the lentil version of a shepherd's pie that I make regularly. My favourite thing about this recipe, is that it's not prescriptive, you can use whichever veg you can get. **Recipe submitted by Leanne Spencer, Adelaide, Australia.**

Peach Crumble

SERVINGS: 4 PREPPING TIME: 20 MIN COOKING TIME: 40 MIN

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Ingredients

2 tins of peaches
1/2 cup of flour or ground oats
1 cup of oats
1/2 cup of sugar
1 tablespoon of butter, margarine or coconut oil
1-2 desert spoons of water
2 teaspoons of cinammon (optional)

Directions

VEGAN

1.Drain the peaches (but don't rinse them) and put them in an oven-proof dish
2.In a bowl, combine the dry ingredients, then and the fat and rub it into the dry ingredients until it resembles breadcrumbs.
3.Slowly add the water, mixing so that it becomes larger clumps. Add more if necessary but slowly!
4.Put the crumple on top of the peaches and dust some cinnamon over the top if you have it. Bake at 200c for 30-40 minutes, until the top of the crumble turns golden brown

“ Here are a couple of recipes I've made whilst isolating - they've been adapted from recipes I usually use, have about 4 helpings per dish (depending on one's appetite!) and all can be made gluten free and vegan. This one is great for a slightly healthy pudding that gets in 1 of your 5 a day. **Recipe submitted by Rose Jones.**

Lentil & Mushroom Cottage Pie

SERVINGS: 4 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

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Ingredients

1 tin or packet of puy lentils
Punnet of mushrooms chopped small in food blender
1 carrot diced up small
1 stick of celery chopped small
1 onion diced small
Tin of tomatoes
Stock cube
Salt and pepper to taste
Dash of Worcester sauce
2 bay leaves
Tablespoon of tomato puree
Tablespoon of flour for thickening
Glass of red wine (optional)
Potatoes for the topping as you would normally do.

Directions

1. Fry onions, celery, carrot till soft. Add red wine at this stage if you desire.
2. Add mushrooms, lentils and bay leaves, add tomato puree, a spoonful of flour, tinned tomatoes, stock cube and some water and then add your salt, pepper and Worcester sauce.
3. Cook out for 10mins or so then put it in your dish.
4. Mash your potatoes and make your pie up.
5. Pop in oven and cook till golden brown and bubbling at 200 degrees.
6. Serve with whatever veg you can get your hands on.

> Back to basics cooking can be a wonderful thing. Originally this recipe was given to me by my dear pal Lily Friend.

Recipe submitted by Julie Davis in Tenterden, Kent, UK

Honey Baked Chicken

SERVINGS: 4 PREPPING TIME: 20 MIN COOKING TIME: 40 MIN

Ingredients

1/3 cup margarine
2 Tbsp. mustard powder
1 tsp. curry powder
1/3 cup honey
1 tsp. salt

Directions

Arrange 1 cut-up chicken in a shallow pan, skin side up. Combine and pour over the mixed together ingredients. Cook in an oven until chicken is tender and nicely browned. This easy recipe that also works well on tofu!

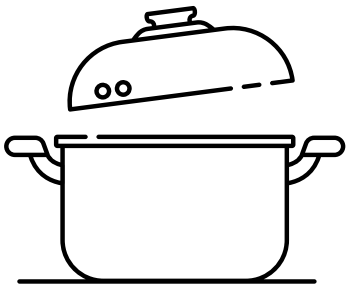
“ Hello from Oak Park, Michigan, which is right outside Detroit. Today, March 23, 2020, our governor put the whole state on lockdown, which will mean plenty of togetherness for my husband and the three of our four adult children who, with colleges closed and jobs on hold, are living with us for the time being (our eldest daughter lives in New York). Fortunately, we have many games to play and books everywhere in the house. And despite the diversity of our eating styles (we all keep kosher, but our family includes vegetarians, a vegan, meat eaters, one person who is gluten-free) we manage to cook yummy food together! **Recipe submitted by Elizabeth Applebaum and family, USA.**

Emergency Dumplings

SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 10 MIN

Ingredients

Plain flour.
Broth or milk.



Directions

To make dumplings, put some flour in a bowl. Add milk, water, or broth to make a soft dough. In a pot, bring to a boil broth or water. Add dumplings by the spoonful. Let boil for several minutes. Serve with butter and/or some of the broth, if you like.

“ The nice thing is that the recipe really uses whatever you have. We've used leftover instant ramen seasoning packets. We've made broth with ginger, garlic, and other seasonings. To me, it's the perfect recipe for emergencies. I originally got this recipe from the www.townsends.us cooking channel. They are a great small company that does a lot of work preserving history..

Recipe submitted by Sara Thompson, United States

One Pan Mexican Quinoa

SERVINGS: 2-4 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

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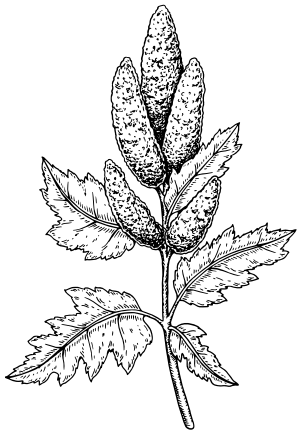
Ingredients

1 Tblsp. Olive Oil
2 cloves garlic
1 cup Quinoa (wash well before adding)
1 cup Vegetable broth
1 tin Black Beans (Rinsed)
1 tin Diced Tomatoes
1 tin Corn (drained)
1 teaspoon Chili powder
1/2 teaspoon. Cumin
Kosher salt and Pepper to taste
1 Avocado - diced. (optional)
Juice of 1 Lime if available

Directions

1. Combine and cook on top of stove.
2. Add Avocado and lime juice when finished cooking.
3. Garnish and season (optional).



"I've made this several times when I've wanted something for dinner/tea that's not too much trouble. Makes a decent amount and mostly from the pantry shelf of foods that have a long shelf life.

Recipe submitted by Gillian Slack, British Columbia, Canada.

Peanut Butter Curry

SERVINGS: 4 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

pandemicpantry.co.uk

Ingredients

Dash of oil
3 teaspoons curry powder
2 teaspoons minced garlic
2 onions, roughly chopped
2-3 cups of veg - cauliflower, peppers or carrots work well
2 sweet or white potatoes (sweet works better)
1/2 teaspoon salt
1 tin of tomatoes
1 heaped tablespoon of peanut butter (ideally smooth)

Directions

VEGAN

1.Fry the garlic, onions and curry powder in the oil, add a splash of water and keep stirring to stop it from sticking on a medium-high heat
2.After 10 minutes, add the veg, potatoes and salt, keep adding a little water and stirring so they don't stick
3.After 10 minutes, add the tinned tomatoes and peanut butter, stir well to mix it in. Cook for another 10 minutes, or until the veg and potatoes are soft, and serve with rice!

Here are a couple of recipes I've made whilst isolating - they've been adapted from recipes I usually use, have about 4 helpings per dish (depending on one's appetite!) and all can be made gluten free and vegan. **Recipe submitted by Rose Jones.**

Pantry Chilli

SERVINGS: 4 PREPPING TIME: 10 MIN COOKING TIME: 60 MIN

Ingredients

2 cans baked beans
1 can Alymer Accents*
1/2 bottle Bullseye BBQ sauce
1/2 bottle Heinz chilli sauce
garlic powder
onion powder
salt & pepper

This recipe was submitted by Val Campbell originally from Nova Scotia (Cape Breton), but now living in Ontario, Canada.

Directions

Dump all ingredients into a pot and simmer on low for about an hour.

*Alymer Accents Original is canned stewed tomatoes with green pepper, celery, & onions.

> We made this chilli using only the ingredients listed above because I am vegetarian.Those who are not, can also add cooked meat of your choice.

Quick Tomato Soup

SERVINGS: 2 PREPPING TIME: 5 MIN COOKING TIME: 10 MIN

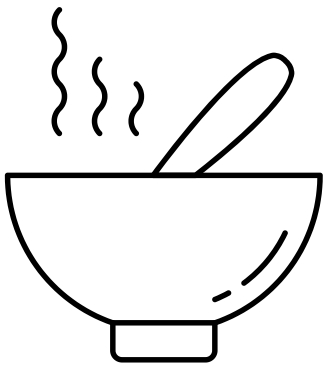
Ingredients

small can tomato paste
milk of choice
pinch of sugar
salt & pepper

Recipe submitted by Maria Breznau, USA

Directions

Heat the milk slowly in a thick saucepan. Whisk while adding tomato paste by the tablespoon until the correct consistency and flavour is reached. Add sugar as desired to cut the acidity.



Eggless Pancakes

SERVINGS: 4 PREPPING TIME: 10 MIN COOKING TIME: 30 MIN

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Ingredients

1&1/2 cups of water (or 1 cup water & 1/2 cup milk)
1 cup of flour (any blend works)
1 teaspoon baking power
2 tablespoons cornstarch
1 dessert spoon solid fat (such as butter or coconut oil) OR 3 dessert spoons of liquid fat (such as sunflower oil)
1 tablespoon of sugar (optional)
Pinch of salt
Oil or butter to grease the pan

Directions

VEGAN

Method 1:
1. Put all ingredients in a blender and blend
2. Heat a little oil in a frying pan on a high heat, add one ladle spoon of mixture, swirl around the pan and fry for aprox. 5 minutes either side.

Method 2 (if you don't have a blender):
1. Mix the cornstarch and water by slowly adding the water and mixing quickly. Put to one side.
2. In a large bowl, sift the dry ingredients, make a well in the centre and add the oil. Stir in the liquid gradually and beat well.
3. Heat a little oil in a frying pan on a high heat, add one ladle spoon of mixture, swirl around the pan and fry for approx. 5 minutes either side.

“ These are super easy, versatile and cheap, and require no eggs or milk. I made these because I completely failed at making gluten free bread at home and still wanted something bread-like. I used gluten free flour for these and they came out fine. You can make them savoury or sweet. **Recipe submitted by Rose Jones.**

WW1 Ration Book Scones

SERVINGS: 6 PREPPING TIME: 20 MIN COOKING TIME: 20 MIN

pandemicpantry.co.uk

Ingredients

5 oz of white self-raising flour
2 oz of butter or hard margarine
1 egg and a little milk
1 oz grated hard cheese (cheddar would be fine if you have no Parmesan)
Several wild garlic leaves chopped very finely
Large pinch of salt.

Directions

1.Sift flour and large pinch of salt into a bowl
2.Dot in the butter and then rub into the flour
3.Add the grated cheese
4.Add the chopped wild garlic leaves
5.Add the eggs and milk mixture leaving a spoonful to brush tops of scones before baking
6.Form a dough that is not too sticky and can be handled.
7.On a floured surface roll out to about 1/2 inch thick and use cutter or end of glass to create 6 scones
8.Place on baking tray, brush with egg mixture and sprinkle a little more salt on the top of each scone
9.Place in pre-heated (200 C) oven for about 20 minutes until a nice mid golden colour.
10.Remove and place on wire rack to cool down a bit.
11.Enjoy while still slightly warm with butter. Would also be lovely served in a bowl with stew!

I can tell you now, follow this recipe exactly and you will want to do nothing but feed these scones to ALL your floods of visitors once the UK lockdown has been abolished! I used the basic WW1 Ration Scone recipe from 1918, adding wild garlic leaves and 1 oz of hard grated cheese to create a delightfully aromatic and delicious savoury scone. Since the first time I created this recipe I am now vegan and it works well with vegan hard cheese and a flax egg!
Recipe submitted by Carolyn Ekins (Hyland), Swindon, Wiltshire, UK.

Rosemary Seasoned Beans

SERVINGS: 2-4 PREPPING TIME: 10 MIN COOKING TIME: 15 MIN

Ingredients

2 cans navy beans
1/2 tsp. Dried rosemary
1/2 tsp garlic powder
1/2 tsp onion powder
Salt and pepper to taste
Olive oil, a drizzle

Directions

Simmer ingredients in a saucepan for 10 minutes or so, stirring occasionally. If it becomes too thick or is in danger of scorching, add a little chicken broth or water. Alternatively, use a 2-quart crock pot on low for 2 to 4 hours.

This is good served with rice and cooked greens. Sprinkle chopped onion and/or chopped Spam on top of everything.

"This is a very flexible recipe and can be adapted to whatever kind of beans and seasonings you have. If you want to make soup out of it, mash some of the beans in the pot and add broth.
Recipe submitted by Sheri Nash, Jacksonville, Florida, USA.

Baked Corn & Tomato

SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 10 MIN

Ingredients

1-1/2 C Canned Corn, Drained or Cooked Fresh Corn
1-1/2 C Strained Canned Tomatoes
3/4 tsp Salt
1/8 tsp Pepper
1 tsp Sugar
1/2 C Rolled Oats
1 Tbsp Dripping (Butter)
1/2 C Grated Strong Cheese

Directions

Mix first seven ingredients in Baking dish.
Sprinkle grated cheese on top.
Bake in moderate oven (360-degrees) for 20 minutes.

A Good Meatless dinner. Suggested to serve with cream soup, stuffed egg salad and a baked rhubarb cobbler for dessert.

"This one is another Classic one from World War II. It came from a Robin Hood Flour "Ration Recipes" Book. I like to make it every so often. **Recipe submitted by Ernest, Virginia, USA**

Lord Woolton Pie (modified)

SERVINGS: 6 PREPPING TIME: 30 MIN COOKING TIME: 30 MIN

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Ingredients

3 Carrots diced
1 Celery stick
1 29oz can Veg-All Country Style
1 Tablespoon (ok, maybe a little more) Oatmeal
Water
1 Pie Crust (for the top)
Beef Bullion Cube
Garlic Powder
Onion Powder
Parsley Flakes
Salt
Pepper

Directions

1. Into a 3 quart pot, went the carrots and celery and drained Veg-All. Added the oatmeal. Recommended is to ad water up 3/4 of the way, I added a little more, to cover the veggies. On medium for about 20 minutes, added the seasonings. Let stand, stirring occasionally, another 10 minutes.
2. Put veggies into a pie plate, smoothed out. Used strainer to strain out the liquid into Pyrex container and get the last of the veggies. Poured just a little of the liquid into the veggies. You can use the liquid to make a gravy.

Cooks Note : I have a Mom on a LOW SODIUM diet, so I can easily make this in a slightly different form by eliminating the onion, Beef Bullion cube and seasonings, all of which she doesn't favor, with exception of the pepper.

> This is a variation of a Classic World War II recipe, yet with some modifications made for when what "canned foods" are what is mostly in your pantry, and just a little bit of fresh vegetables from the fridge too.
> **Recipe submitted by Ernest, Virginia, USA**

Banana Bread

SERVINGS: 12 PREPPING TIME: 20 MIN COOKING TIME: 45 MIN

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Ingredients

2 cups of self raising flour.
1 tbsp fat (optional)
1 good teaspoon of baking powder for extra lift.
3/4 cup sugar.
2 large or 4 small ripe bananas mashed well.
handful of sultanas.
1 egg and enough milk to make soft dropping consistency.

Directions

1. Mix well then put mixture into greased loaf tin or cake tin.
2. Cook 45 mins to 1 hour at 180/160 fan. Check after 35 mins some ovens are faster than others.
3. If you have no bananas this recipe works well with 2-3 grated apples, plus I level teaspoon ground cinnamon. It also works well making it as muffins. Adjust the timing accordingly.

> I was born in England but emigrated to Australia in 1977, so I guess I am almost a dinky-di Aussie. We had some times here when money was short, but we managed and, we retired about 25 years ago. One of my best economy recipes was to cook a cup of pasta, fusilli/penne not using a great deal of water, and setting a colander of diced veggies over the top. Steaming the veggies over the pasta then draining it quickly into a saucepan. I then made a cheese sauce using half milk and half veggie/pasta water, It was not rich and creamy but it was silky and smooth. Mix up the pasta and mixed veggies then sprinkle on top more grated cheese and breadcrumbs. Pop in the oven for 20/30 mins and you have a good meal for 2/3/4 according to your appetites. I still make this although I am the only one who enjoys it. My husband is still a meat and potato man! I won't ever change him not after 54 years of marriage. **Recipe submitted by Valerie, Australia.**

Easy Pasta and Beans

SERVINGS: 2-4 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

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Ingredients

1 lb/450 gm of dried pasta
1 15 oz can (425 grams) white beans or other kind drained
1 15 oz can (425 grams) canned tomatoes chopped
1 small onion
1 carrot
1 red pepper
2 to 3 tablespoons olive oil
1/2 cup (200 ml) white wine or chicken/vegetable broth
1/2 bouillon cube (veg or chicken) optional
Salt/Pepper
Seasonings you like and have on hand (oregano, thyme, an Italian herb mix...)

Directions

1.Put water on to boil for pasta,and salt it.
2.Chop up the vegetables (onion, carrot, pepper) into relatively small pieces (1/4 inch or so). I tend to really mince the onion, but leave the pepper a bit larger
3.In a large skillet with deep sides, dutch oven, or saute pan, on medium heat, saute the vegetables in the olive oil until they are soft
4.Add the drained beans and let them heat up a bit
5.Add the tomato and stir
6.Add the wine or broth and seasonings, including the bouillon cube if using
7.Let it all simmer until the pasta is ready. If it gets dry, put about 1/4 to 1/2 cup of the pasta water into the sauce.
8.Once the pasta is ready, drain it, and add it to the sauce. Mix it all around so the sauce combines with the pasta
9.Serve with Parmesan or other sprinkling cheese that you have and like.

“

This is more of a recipe model than a strict recipe. It is intended to be used as a template to use in putting a meal together from what one may have in the pantry. If you are vegan, need to keep meals gluten-free, or don't use milk products, this can be adjusted as needed by choosing foods that are appropriate for your needs.
Recipe submitted by Andrea ("Andy") Albert in Poughkeepsie, New York, USA. I support Habitat for Humanity.

Tuna Noodle Casserole

SERVINGS: 4-6 PREPPING TIME: 20 MIN COOKING TIME: 20 MIN

Ingredients

4 tbsp unsalted butter
1 or 2 x 4 oz cans mushrooms
½ cup diced frozen fajita veg mix (or bell peppers and onions)
1/4 cup all-purpose (plain) flour
2 1/2 cups milk
1 cup grated cheddar cheese
2 x 6 oz cans water or oil-packed white tuna
2 cups cooked egg noodles
1 tbsp dried parsley
Salt, to taste
Ground pepper, to taste
Cayenne pepper to taste
1/2 cup dry unseasoned breadcrumbs or crushed corn flakes
2 tbsp unsalted butter, melted

Submitted by Alexandra Kardys from Texas in the United States. It's a family favourite!

Directions

1. Position a rack in the center of the oven.
2. Preheat the oven to 375 degrees.
3. Butter a 1 1/2- to 2-quart shallow baking dish (ceramic is best).
4. Melt the 4 tablespoons butter in a saucepan over medium heat until fragrant and bubbly.
5. Add the mushrooms, green or red bell pepper and the chopped onion.
6. Cook, stirring occasionally, until the vegetables are just tender, about 5 minutes. Stir in the flour and cook for 1 minute.
7. Remove from heat and whisk in the milk.
8. Return the saucepan to the heat and cook, whisking, until the sauce comes to a boil and is thickened, about 10 minutes.
9. Remove from the heat, and cheese and whisk until melted.
10. Drain the tuna and put into a large bowl and break into flakes with a fork.
11. Stir in the hot cheese sauce, then add the cooked egg noodles, dried parsley, cayenne pepper and salt and ground black pepper to taste.
12. Stir together well.
13. Pour this mixture into the baking dish and sprinkle the breadcrumbs or corn flakes mixed with the melted butter.
14. Bake until bubbly and browned on top, 25 to 35 minutes.

Original Source: "The Joy of Cooking"
Modified by: Alexandra Kardys, Texas

Bread Pudding

SERVINGS: 6 PREPPING TIME: 30 MIN COOKING TIME: 40 MIN

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Ingredients

375gm dried (or fresh) bread
375gm dried fruit
4 large pieces of crystalized ginger (optional)
1 tbpsn mixed spice, cinnamon, nutmeg
600ml milk (plus optional extra milk before cooking)
4 medium eggs
100 gm sugar
100gm butter
2 tbsn brown sugar for sprinkling on the top

Directions

1. Tear/chop up the bread into a large mixing bowl and pour in the milk and leave to soak.
2. Soak the dry fruit in water for at least 30 minutes.
3. Scrunch the bread up with your fingers. If you like a bit of texture, stop mixing before it becomes completely smooth.
4. Melt the butter and 100gm sugar and stir into the bread mixture.
5. Whisk up the eggs with a dash of water and stir into the bread mixture.
6. Add the soaked fruit. Chop up the crystalized ginger and add that too.
7. Heat oven to 180C/160C fan/gas 4.
8. Butter and line the base of an approx 30cm x 20cm non-stick baking tray. Spread the mixture in the tray so it is about 4cm deep.
9. If you like a really moist pudding, you can add extra milk at this point to fill half way up the tray.
10. Sprinkle the top with demerara. Bake for approx 40 minutes until the top is crispy but the bottom is still moist. It is best served warm, with cream if you are feeling indulgent but it doesn't really need it.

Recipe submitted by Penny Locke, Publisher at www.pennypost.org.uk

Put Together

SERVINGS: 6 PREPPING TIME: 30 MIN COOKING TIME: 45 MIN

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Ingredients

1 lb ground turkey or beef (tube)
3-4 carrots, chopped
2 stalks celery, chopped rough
1 small onion, chopped rough
1 28-oz can Diced or Crushed Tomatoes, undrained
1 15-oz can Corn, drained/rinsed
1 tsp Worcestershire Sauce
1 tsp chili powder
1 tsp garlic powder
1 tsp onion powder
1 tsp Italian seasoning
2/3 to 1 cup (depending on size of your skillet/pot)
Shredded Cheese (topping)

Directions

1. Brown beef/turkey then drain.
2. Add onions, Worcestershire sauce, mix for a couple minutes.
3. Add dry ingredients. Mix well.
4. Add rest of ingredients. Stir well.
5. Add the water, be sure not to over fill if using a skillet.
6. Bring to a boil.
7. Let set for 30-60 minutes
8. Salt and pepper to suit.
9. Top with shredded cheese.

Notes :

Pre-prep the carrots and celery cuts down on time. The same applies to the onions; though a fresh onion is nicer to add than frozen diced ones, IMO. For those like myself who like it more "meaty", two pounds of meat can be used, though, if like me you have a 9-inch skillet, you may need to transfer to a larger pot to cook it in if you add more meat.

> I called this one simply "Put Together", as I was throwing things together to make up something to eat, not really following any one particular recipe.
> **Recipe submitted by Ernest, Virginia, USA**

Vegetable Soup

SERVINGS: 6 PREPPING TIME: 30 MIN COOKING TIME: 30 MIN

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Ingredients

1 Tblsp. Oil
Large onion, diced (about 2 cups)
3 stalks celery, (1 cup)
3 cloves garlic, minced
1/4 teaspoon. Red pepper flakes
1-2teasps. Oregano, Italian seasoning or herbs of your choice
Carrots, (2 cups)
White/ Purple top turnip (1 cup)
Broccoli
Cauliflower
8-10 cups broth, your choice
1 tin baked beans in tomato sauce
1 tin peas
1 large tin tomatoes
1 tin sliced mushrooms
1/2 cup Lentils
1 pkg Knorr tomato vegetable soup
(add towards the end of cooking)

Directions

1. Chop onion and garlic and gently saute in pan with oil
2. Dice all root vegetables and celery to the same size
3. Add these and the rest of vegetables, lentils, broth, herbs and spices into a saucepan
4. Simmer until tender, add in the beans and other tinned ingredients and finally the packet of Knorr vegetable soup.

Recipe submitted by Gillian Slack, British Columbia, Canada.

Strawberry Mousse

SERVINGS: 4 PREPPING TIME: 20 MIN COOKING TIME: 0 MIN

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Ingredients

1 packet of strawberry jelly

1 tin of evaporated milk

Directions

1. Make the jelly as per the packet, but replace an equal quantity of water with the evaporated milk.
2. Whisk the mixture until it turns into a pink foam.
3. Cool in the fridge until set.

I lived I Sussex England, sweet deserts were not common in our home in the 40's and early 50's. One winning dessert was strawberry mouse. It had only two ingredients, plus a little hard work.

Sometimes setting takes a long time and you may need to whisk again. We had no fridge so we always needed to whisk a second time and or leave out even more water.)

It also works with other jelly flavours. But strawberry was our favourite. We just scooped it out of the mixing bowl when set.

Recipe submitted by Richard John Ridout, Rangiora, New Zealand

Tray Bake Slice

SERVINGS: 10 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

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Ingredients

1-1/3 cup melted butter
1 cup Nice biscuits, crumbed (this is about 1/2 packet)
1 cup coconut
1 cup choc chips
1 cup nuts (slivered almonds are nice so are pecans or walnuts)
1 tin of condensed milk.

Directions

1. Place in a greased and papered slice tray about 30 cm by 15 cm in the order listed starting with the butter.
2. Smooth each layer evenly.
3. Pour over condensed milk last and put into a 180 degree oven for 30 minutes.

> Watch it as it may burn if the oven is too hot. Better to reduce the heat and cook a bit longer if your oven is hot.

Recipe submitted by Susana B
Southwest Victoria Australia.

Impossible Quiche

SERVINGS: 4-6 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

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Ingredients

a chopped onion
several chopped rashers of bacon
sliced courgette
sliced mushrooms
leftover cooked potato
spinach
chopped asparagus
1/2 cup of corn kernels
1/2 cup of broccoli
+ any other vegetables you fancy (to make a total of 2.5 cups)
3 beaten eggs
1 cup milk
1/2 cup self-raising flour
1/4 tsp salt
butter for frying

Directions

1. Fry vegetables and bacon in a tablespoon of butter until just tender. Remove from heat and add 3 beaten eggs and 1 cup milk.
2. Tip liquid mixture into a bowl containing 1/2 cup self-raising flour and 1/4 teaspoon of salt. Combine well but don't over mix.
3. Pour mixture into the prepared pie dish and bake in a hot oven for 20-30 minutes until lightly brown on top and set in the middle.
4. Leave to sit for 5 minutes before slicing. The quiche should have formed soft layers with a "crust" at the bottom.

Serves 4-6 along with salad or vegetables & a slice of crusty bread

> This is a great recipe that has been in the family for years.

Recipe submitted by Cherie Mitchell New Zealand.

Esquites

SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 10 MIN

Ingredients

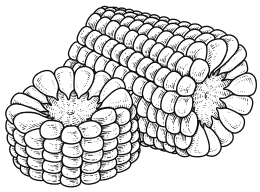
2 cups Kernel corn (frozen or canned)
1/4 cup Cheese *
Cayenne powder to taste
1 tbsp Oil

Optional toppings :
2 tbsp Mayonaise
Cilantro Parsley or Green Onion to taste
Lime juice

* fresh cheese or feta are best but any will do

Directions

Cook corn until heated through, top with seasonings and cheese, stir to combine, serve warm.



This recipe was submitted by Kay living in Ontario, Canada.

Coleslaw Dressing

SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 0 MIN

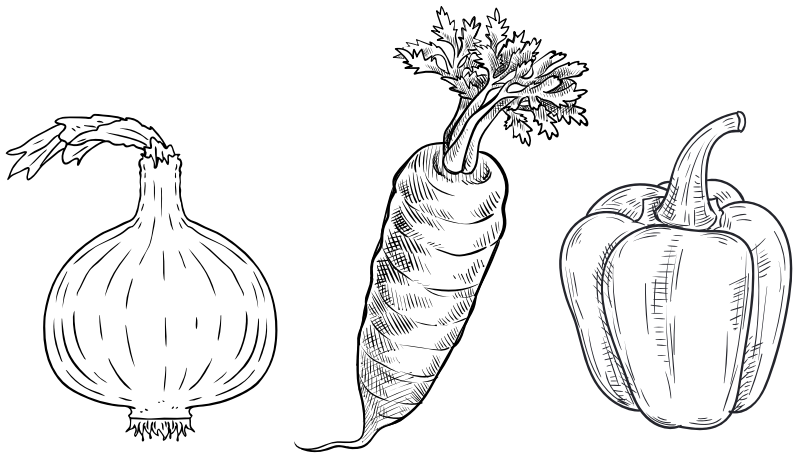
Ingredients

1/2 cup mayo
2 tbsp sugar
1 1/2 tbsp lemon juice
1 tbsp vinegar
Salt, pepper, dill, parsley

Recipe submitted by Kayleen Elcich

Directions

Coleslaw: Mix together shredded cabbage, carrot, onion, bell pepper, celery



Old Fashioned Bread Pudding

SERVINGS: 4-6 PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

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Ingredients

A quantity of stale bread
Dried Fruit to taste
Margarine or suet (Vegetable or beef) approx. 100gm
Sugar (any type) approx. 100gm
Mixed spice (at least 1 tbsp)

Directions

1. Break the bread into pieces and place in a large bowl.
2. Add enough hot water to soak the bread and leave to stand for 5 minutes.
3. Add the fat and stir in.
4. Add the rest of the ingredients and stir well.
5. Grease a large baking tin.
6. Add the mixture and place into oven at 200 degrees C for approx. 1 hour if it is still pale on the top cook for a further 30 minutes.
7. Sprinkle with sugar and leave to cool.
8. Best eaten cold but can be heated and eaten with custard.

> This is a family recipe that my mother made every week!
> It is an old wartime recipe that involved adding whatever was available at the time.

Recipe submitted by Lynne Terrell
Peterborough, England, UK

Pasta Salad

SERVINGS: 4-6 PREPPING TIME: 20 MIN COOKING TIME: 0 MIN

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Ingredients

1 box rotini or other twisted or shell macaroni, cooked and drained
1 lb frozen mixed veg (carrots, broccoli, cauliflower) thawed and drained
4 stalks of celery, diced
¼ cup diced sweet yellow onion
1 can black olives, chopped

Directions

1. Mix together in a large bowl the pasta, vegetables, celery, onion, and black olives.
2. Pour the dressing over pasta and veggies and toss well. Leave in the refrigerator at least two hours.
3. I add and subtract frozen and fresh vegetables as they are in season. Nice additions are chopped fresh peppers, diced cucumber, chopped tomatoes, canned or cooked beets.

Homemade vinaigrette

(3 parts olive/salad oil; one part vinegar - I like raspberry) shaken well with two tablespoons of dried basil and 2 teaspoons of fresh ground black pepper

> When I lived in the UK in the 1970s we had very little money and ate a lot of WWII-type recipes. I love your website. Best wishes on your Pandemic Pantry book!

Recipe submitted by Lou Meyers
Omaha, Nebraska, USA
Who's Walking Who, Dog Training & Behaviour Consulting

Dump Cake

SERVINGS: 6 PREPPING TIME: 20 MIN COOKING TIME: 45 MIN

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Ingredients

1 can of pie filling (I used cherry).
1 can crushed or diced pineapple
Any other fruit that needs using
1 box cake mix,
1/2 cup butter

Directions

1. Oil a 9 x 13 inch pan. Preheat oven to 350°F.
2. In the pan, spread 1 can of pie filling (I used cherry).
3. If you want to add other fruits, sprinkle them over the pie filling.
4. Open 1 can crushed or diced pineapple and layer that over top. Pour the juice in, too.
5. Open 1 box cake mix, and sprinkle the dry cake mix over the fruit. Do not mix!
6. Carefully lay thin slices of butter over top. It will take about 1/2 cup butter (1 stick).
7. Optional: Sprinkle with walnuts and/or coconut.
8. Bake in moderate oven until lightly brown and a toothpick tests clean; about 45 minutes.

> Dump cake! I found some rhubarb in my freezer and wanted an easy way to use it up.

Recipe submitted by Kayleen Elcich